

# Sweets 'N Nuts Slaw

**Makes:** 50 servings

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Ingredients	Weight	Measure
Sweet potatoes, cooked 3/8" dice		25 cups
Apples, diced		12 1/2 cups
Lemon juice		1 cup
Celery, thinly sliced		6 1/4 cups
Raisins		6 1/4 cups
Sunflower seeds or toasted slivered almonds		4 cups
Parsley, chopped		2 cups
Mayonnaise, reduced fat		4 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>265</b>	
Total Fat	10 g	
Protein	5 g	
Carbohydrates	42 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	184 mg	

## Directions

1. Shred sweet potatoes, toss with water. Let stand several minutes, drain.
2. In separate bowl, toss diced apples with lemon juice.
3. Add sweet potatoes and remaining ingredients to apples and lemon juice. Blend well. Chill until ready to serve.